

## Experiences Related to ADD/ADHD

*This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.*

An investigation into the relevance of Hemi-Sync binaural beat signals for use with ADHD populations supported the conclusion that the audio signals facilitate the ability to attend and persevere at routine motor tasks and facilitate improved attention.

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I played *Cloudscapes* for my grandson with ADD every night when he went to bed during the entire summer. When school started in the fall, teachers couldn't believe how much his reading skills had improved. They assumed he had spent the summer reading (which he didn't).

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Our teenager has processing deficits and a short attention span. We're not sure if it is ADD or the effects of institutionalization (she was adopted from an orphanage). "They work, these tapes are good," she says, and she puts on a Hemi-Sync tape to go to sleep with.

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The 14-year-old with ADHD loved to listen to the Prep Side of any H+ tape, saying, "It calms me and helps me focus." He browsed the Hemi-Sync Catalog to choose other tapes for himself and selected Buy the Numbers. His math grades improved. The family started playing Remembrance in the car for him and his brother, and reported that it was very effective in keeping the friction down.

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A psychiatrist called to report her great appreciation for *Remembrance*. "I've always been like a grasshopper in my personal life," she said, "always jumping from one thing to another. This tape has an amazing effect in helping me sustain my attention."

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My eight-year-old daughter was having a very hard time both at home and at school. In terms of her ability to deal with sensory stimuli, she tested at a four-year-old level and was constantly interacting with her environment. It was exhausting for her and for us. Since we learned about Hemi-Sync at an Autism Society Conference, we've been playing *Surf* and *Remembrance* for her during the day and *Sandman Suites* (no longer available) at night. The improvement is remarkable.

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An orphanage in Rumania was home for our daughter's first 2 1/2 years. When we first saw her she was in a "cage," penned up with other children who were never held, never bathed, only given bottles. In the five years since we adopted her, we've made the rounds of every possible

treatment and facility from sensory training to neuropsychiatric wards. Her behavior constantly shifted between super passive and super aggressive and back again. After learning about Hemi-Sync through a support group for parents of post-institutional children we bought *Surf*, *Midsummer Night*, *Sandman Suites* (no longer available), and *Remembrance* and kept one of the tapes playing all the time. We saw immediate results, and, over time, her behavior has evened out. It feels like a miracle.

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Some hyperactive children have a range of socially unacceptable habits and behaviors. To build rapport with these clients as quickly as possible, we suggest trying some relaxation to help them feel more comfortable. This is where Hemi-Sync comes in. Hemi-Sync with music or surf is played while we use guided imagery (i.e., a walk on the beach, etc.) to produce a relaxed state that then enables us to reach the clients on a subconscious level to make the fastest changes. When dealing with hyperactive children, this is the most effective way I have found to calm them and gain their attention.

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Hemi-Sync tapes were used in a study conducted by the International Biomedical Center in the Netherlands. The Director reports that children with Attention Deficit Disorder were treated combined with amino acid therapy. The children, aged from five to thirteen years, all had attention and learning disorders accompanied by hyperactivity. The findings, which were confirmed by standard psychological tests, showed patients to be less tired and hyperactive at school and at home. Behavior usually improved within two to three weeks. The Center describes Hemi-Sync tapes as a "help to improve cerebral function in both children and adults."

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Listening to Hemi-Sync has had a positive impact on my son, who has been hyperactive with numerous behavioral problems. When Hemi-Sync tapes were first recommended for my hyperactive son, I was extremely skeptical. In desperation, I finally decided to try, and I can now say that Hemi-Sync dramatically improved my son's life. Right away I noticed the calming effect while the tape was playing. Even better: my son can now usually recreate that calm state whenever he chooses to do so. It's as if his brain learned how to experience calmness while he listened to the tape, and now he can move into that mental state by himself.

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I recommend your tapes for the treatment of ADHD as well as for dealing with the emotional problems that are a result of the ADHD effect. We use *De-Hab* to return some useful self-esteem to the patient and to remove those thought programs which have highlighted their apparent mental ineptitude. Watching the twisted, angry face of a past ADHD child turn into a sunny smiling face has a value beyond description.

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My ADHD kid started out listening to *Remembrance* daily, and now plays it voluntarily on his own once or twice a week. He seems to be happier at home - much less angry.

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A psychologist reports excellent results from using *Super Sleep* for children with learning disabilities and/or attention deficits. With *Super Sleep* playing all night, parents and teachers observe better concentration and less irritability during the day.

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Hemi-Sync is an excellent example of the sensory integrative process of the brain. Two independent auditory signals are integrated in a way that produces a whole (i.e., Hemi-Sync) which is different from each of the separate parts. Initial processing and integration occur in the brain stem. In addition, the tendency toward synchronization of the right and left hemispheres appears to enhance attention, sensory and extrasensory awareness, and intuitive processing, and to increase successful adaptation to personal experiences.

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*Remembrance* has made a big difference for our son, who has been diagnosed with ADD. He puts on earphones and sits drawing happily for the whole tape, something he could not have sustained before.

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Since 1981 I have been using Hemi-Sync with young children who experience sensory motor and sensory integrative disabilities. Both clinical experience and preliminary research indicate that the addition of Hemi-Sync signals (containing frequencies which produce more theta patterns in the brain) to background music increases the child's focus of attention, calms the emotions, and creates a mental set of open receptivity. Hemi-Sync signals enhance the child's ability to organize and integrate sensory information. This results in an increased ability to focus attention, to discriminate specific sensory properties, and to filter unwanted sensory input.

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Homework time meant a daily struggle with my easily distracted seven-year-old until I introduced her to the *Concentration* tape. Now she goes into her room on her own, puts on either *Concentration* or *Surf*, and contentedly gets to work. I'm grateful for the improved grades, of course, and even more for the improved atmosphere.

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A special education director reports: "*Remembrance* is very effective in facilitating enhanced attention for students of high school and college age. The tape is appropriate for use at home while during homework. A student with ADHD may also benefit from listening to the tape on a portable cassette player with headphones in a classroom setting. Youngsters with neurological delays, problems with cortical function, and developmental lags may be helped by Hemi-Sync tapes. The sleep tapes for children ease them into sleep comfortably and happily-a boon for parents. After listening to Hemi-Sync over time, youngsters seem to develop a greater neurological capacity to integrate. It seems they no longer need the external stimulus of Hemi-Sync to access certain brainwave states."

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A three-year-old boy I'd been treating in play therapy for several months had finally been asked to leave his daycare, because of his sporadic, violent behavior. In our regular session, after asking him if he'd like to hear some special music, I gave him headphones and played *Remembrance*. While listening, he became very calm, his eyes widened, and he smiled vibrantly. He turned to his mother and said, "Listen, Mommy-it's the angels!"

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A fourteen-year-old client was in a foster home and having problems adjusting. She was always in motion during our sessions and had great difficulty focusing for more than a couple of minutes on any topic. Since she began using Hemi-Sync tapes, she is able to stay focused on the internal work we are doing with guided imagery. We have used *Winds Over the World*, *Cloudscapes*, *Remembrance* and *Surf* with wonderful results. She can be completely still and relaxed now and does not need to constantly check on me or her surroundings.

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The Director of the International Biomedical Center in the Netherlands reports on a study that combined amino acid therapy tapes for children with Attention Deficit Disorder (ADD). The children, aged from five to thirteen years, all had attention and learning disorders accompanied by hyperactivity. During their treatment they received amino acid supplementation in combination with vitamin B6 and with restriction of refined carbohydrate consumption. The findings, which were confirmed by standard psychological tests, showed patients to be less tired and hyperactive at school and at home. Behavior usually improved within two to three weeks.

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*Super Sleep*, played continually throughout the night with an auto-reverse player, was highly successful in modifying a 3-year-old's disturbed sleeping behavior and helping him sleep through the night. Additionally, the child worked harder and more persistently at tasks, spoke more clearly, and accepted correction of his speech more readily, listened better, and was less easily frustrated, started to enjoy books and to sit still for stories to be read to him.

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A pre-school teacher says, "School hours were especially trying with a difficult group of hyperactive children. The classroom was always chaotic, and I hadn't been able to get the children down for a nap all year. I was totally frustrated, unable to do what I was trained to do. The first time I played a tape from *Sandman Suites* (no longer available) at naptime the children settled down almost immediately. It was like a miracle. I play different Metamusic tapes now as background for various activities and find a completely different level of comfort in the room. Obviously, it's good for the children. And I know it's great for me."

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Homework time meant a daily struggle with my easily distracted seven-year-old until I introduced her to the *Concentration* tape. Now she goes into her room on her own, puts on either *Concentration* or *Surf*, and contentedly gets to work. I'm grateful for the improved grades, of course, and even more grateful for the improved atmosphere.

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